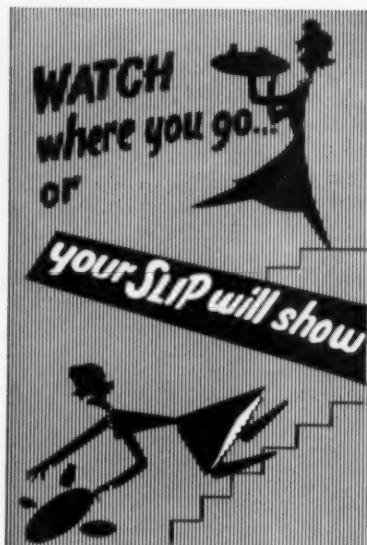


Work Safely in Your Community Kitchen

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Prevent That Accident!

MOST kitchen accidents whether in a home or community building are falls, cuts, and burns. Check your community building to discover hazards to safety so that you can correct them before accidents happen. If your kitchen is in the basement, the hall should be well lighted and the stairway should have a handrail. Nail down loose boards and steps. During icy weather, you will need to spread sand or ashes on entrance paths and doorways. The chairman of a community meal can help prevent accidents by having everything in order before meal preparation begins. A plan of work and good supervision go far toward preventing confusion and last-minute rushing which so often result in falls or burns.



Don't Fall!!

1. Wear low-heeled shoes that fit comfortably. You may slip or turn your ankle if you wear high heels. Keep your shoe soles clean and your shoestrings tied.
2. Keep the floor clean and dry. If you spill water or grease, or drop vegetable parings or food, clean them up immediately.
3. Keep boxes, mops, and brooms out of the way so you won't fall over them.
4. Use a strong step stool or ladder when you climb. Don't try to reach above your head when you are standing on a stepladder.

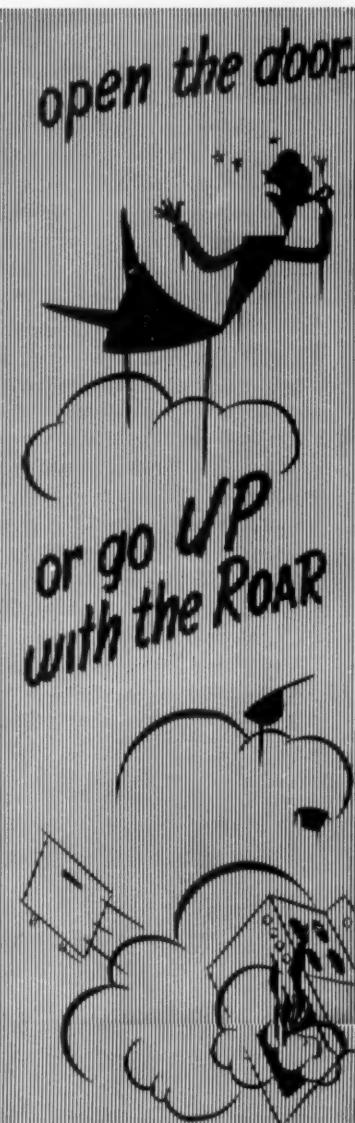


Avoid Collisions!

1. Arrange traffic between kitchen and dining room so that workers won't run into each other. There should be two doors between kitchen and dining room marked "In" and "Out." If there is just one door, have a small window cut in it. Always look before you enter dining room or kitchen.
2. Walk—don't run—when you are working in the kitchen or dining room.
3. Place dishes or food securely on trays. Don't pile dishes dangerously high. Don't overload trays. Use portable carts to save carrying trays.

Prevent Burns and Fires!

1. Turn on hot water faucets cautiously.
2. Turn pan handles away from the edges of the range so that the pans won't be knocked off the range.
3. Use pans with flat bottoms and securely fastened handles.
4. Raise the far edge of the cover when you remove the lid from a steaming kettle. This precaution will keep the steam away from you and prevent burns.
5. Prepare a place to set a pan of hot food before you take it off the stove.
6. Have plenty of thick pot holders and keep them dry.
7. Use tongs to put food into hot fat when you fry. Be careful that fat does not catch fire. If it does, spread salt over the flame. Never use water to put out a fat fire.
8. Open door of gas oven before you turn on the gas and light the oven.
9. Keep matches in tin or glass containers away from the reach of children. Place used matches in similar glass or tin containers. Never throw freshly used matches into a trash or paper basket.
10. Do not hang curtains near a stove where they might blow into a flame. Don't place towel racks or a clothesline near an open flame, either. Don't tack papers to the wall behind or near the stove.



Don't Cut Yourself!

1. Keep sharp knives in a knife holder—not loose in a drawer. Cut vegetables against a board. Do not hold vegetables in your hand to cut them.
2. Wash and put away knives and other sharp cutting tools as soon as you have finished using them. Don't drop them into the dishpan or sink because you or someone else may get cut as you reach into the dishwater.
3. Use a can opener to open cans and jars. Never use a sharp knife.
4. Scrape and sort dishes carefully to avoid breaking them. If dishes are broken in the dishwater, drain off the water immediately and remove the broken pieces.
5. Pick up broken glass and china with a paper towel or napkin—never with bare hands.
6. Throw broken glass, china, and tin cans into a special container—never into containers with other refuse.



Don't Get a Shock!

1. Be sure your hands and the floor where you are standing are dry before you touch an electrical socket or electrical equipment.
2. Never use an electrical cord that is worn through to the wire.

Place a first-aid kit in your kitchen. See that it contains sufficient supplies for immediate care of minor burns and cuts. Call a doctor if injuries seem serious or if anyone has a bad fall.

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